

Thai Tofu Lettuce Wraps

Makes 3-4 servings

These fun lettuce wraps are inspired by the flavorful food of Thailand. Your child can help prepare the dressing and herbs and also crumble the tofu.

Ingredients

For the dressing

- 2 limes, juiced
- 2 tablespoons soy sauce
- 1 teaspoon light or dark brown sugar or honey
- ½ teaspoon red pepper flakes (optional)

For the filling

- 1 tablespoon olive or vegetable oil
- 2 garlic cloves, finely chopped
- 1 inch piece of ginger, peeled and finely chopped
- 1 shallot, peeled and thinly sliced
- 1 carrot, cut into ½ inch pieces
- 6 button, shiitake, or cremini mushrooms, cut into ½ inch pieces
- 1 block (14 ounces) firm tofu, patted dry and crumbled

For serving

- 1 head lettuce (butter or any soft green or red lettuce)
- 2 handfuls of mixed soft herbs (like cilantro, basil, mint), roughly chopped or torn into small pieces
- Red pepper flakes or sliced jalapeño or Thai chiles (optional)
- ¼ cup shelled peanuts, chopped (optional)

Directions

1. *Make the dressing:* Mix all dressing ingredients in a small bowl and set aside.
2. *Make the filling:* Heat the oil in a pan set over medium-high heat. Add the garlic and ginger and cook until fragrant, about 30 seconds.
3. Add the sliced shallot to the pan and cook until the shallot is soft, about 2 minutes.
4. Add the carrot and mushrooms and cook until they are soft, about 3-4 minutes.
5. Add the crumbled tofu and mix well. Cook, stirring often, for 2 minutes.
6. Remove the pan from the heat and let the filling cool for 2-3 minutes.
7. Add the dressing to the pan and mix well to combine. Let the filling cool completely.
8. While the filling is cooling, separate the lettuce leaves and wash and dry them well.
9. Scoop the filling into the lettuce leaves.
10. Top the filling with the herbs, red pepper flakes or chiles, and peanuts, and serve.



Photo: The New York Times

Scan this code with your phone's camera for more recipes and healthy eating tips

